



Oxford Read and Discover

In the Mountains

Richard Northcott

Read and discover all about mountains ...

- What is a glacier?
- What sports do people do in the mountains?

Read and discover more about the world! This series of non-fiction readers provides interesting and educational content, with activities and project work.

Series Editor: Hazel Geatches

Audio CD Pack available

Word count for this reader: 812

 Level 1 300 headwords	 Level 3 600 headwords	 Level 5 900 headwords
 Level 2 450 headwords	 Level 4 750 headwords	 Level 6 1,050 headwords

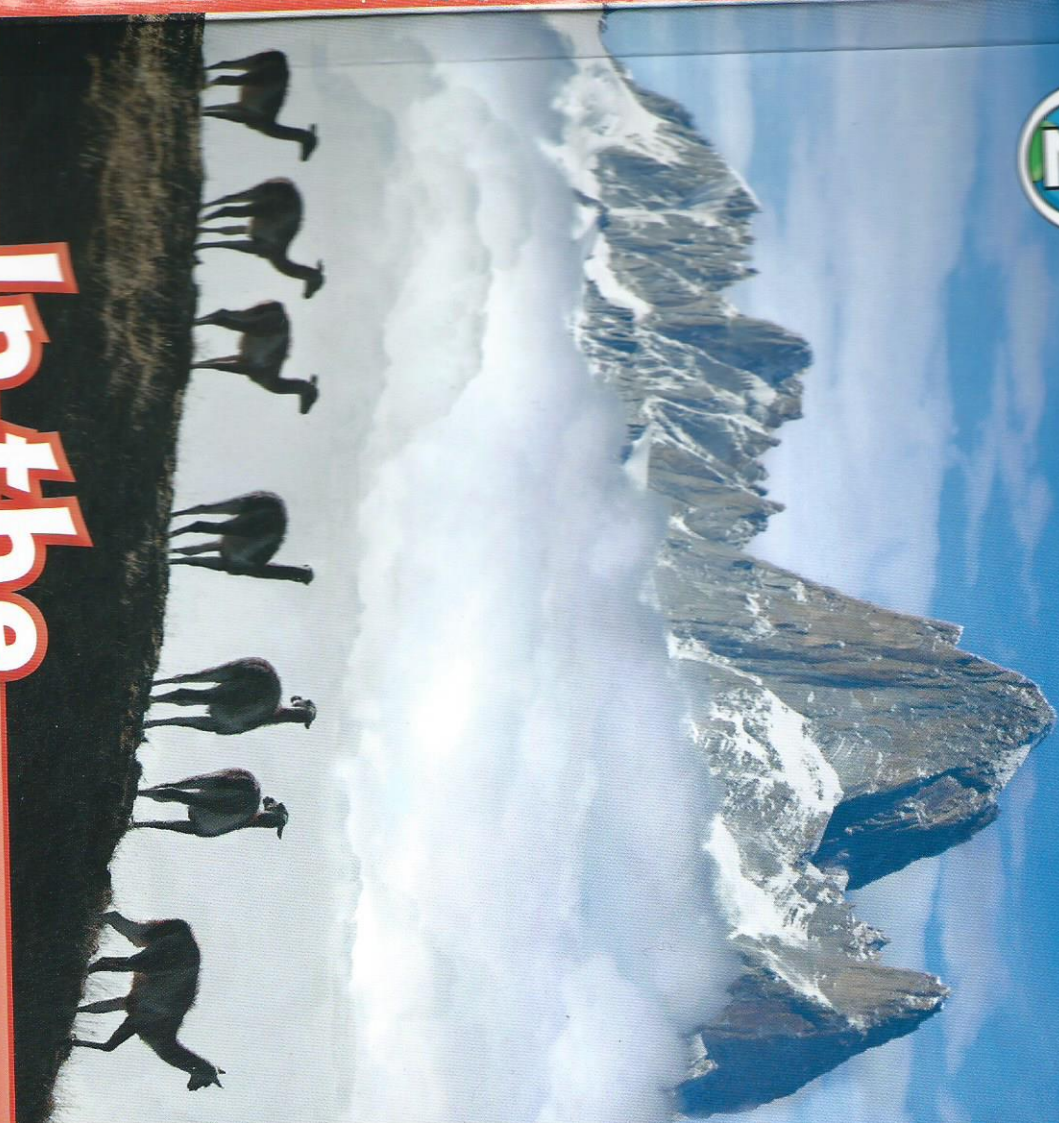
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The CD has a choice of American and British English recordings of the complete text.

An accompanying Activity Book is also available.

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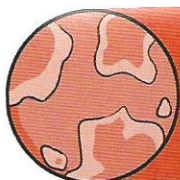
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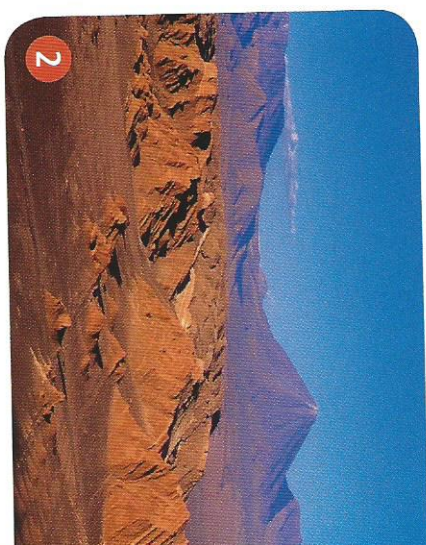
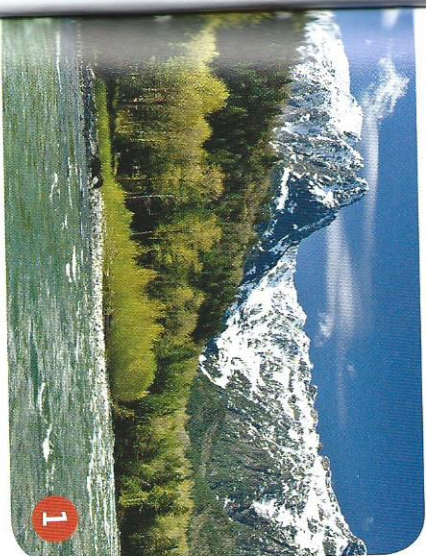
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Introduction

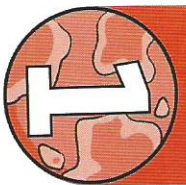
Some mountains are cold and snowy. Mountains can be hot and dry, too. Many big rivers come from the mountains. Mountains are amazing!



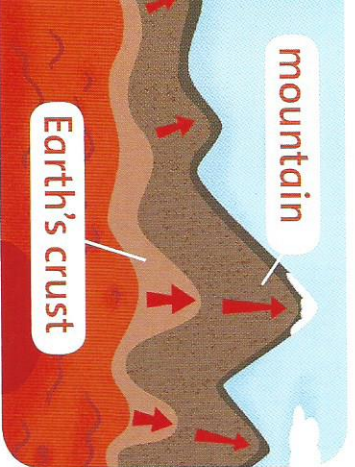
What animals live in the mountains?
What can you do in the mountains?
Are there mountains where you live?



Now read and discover more about mountains!



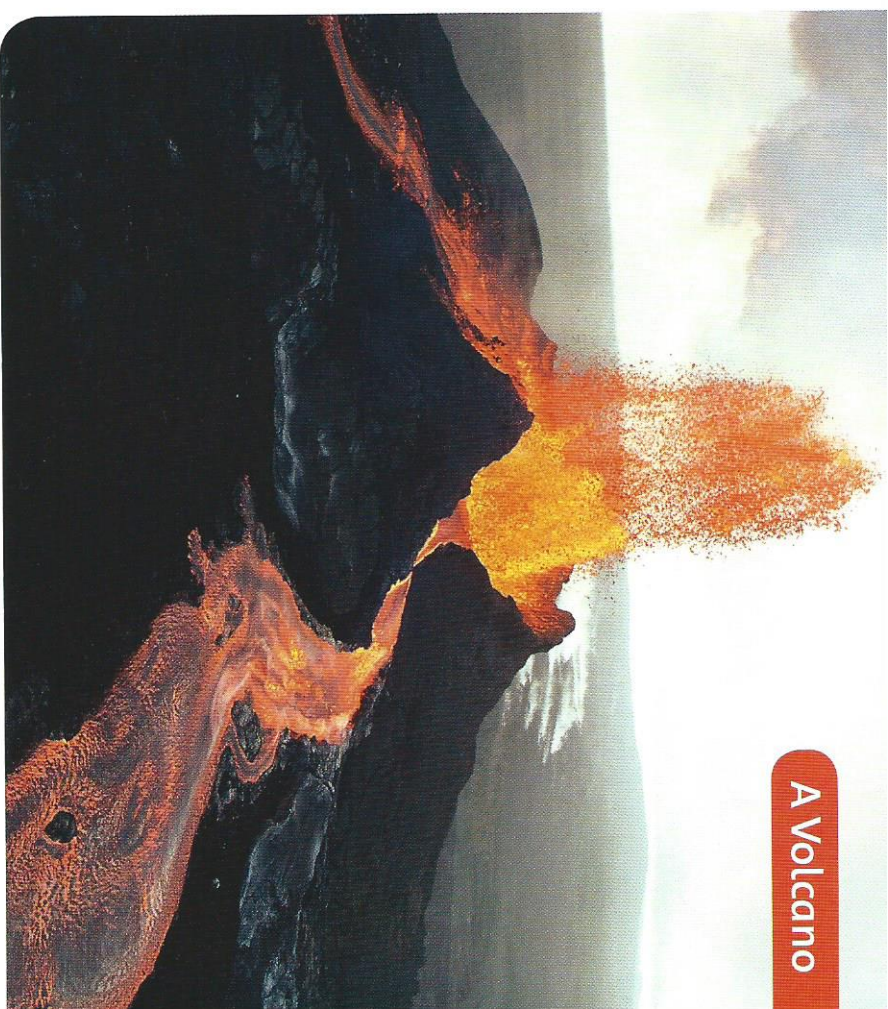
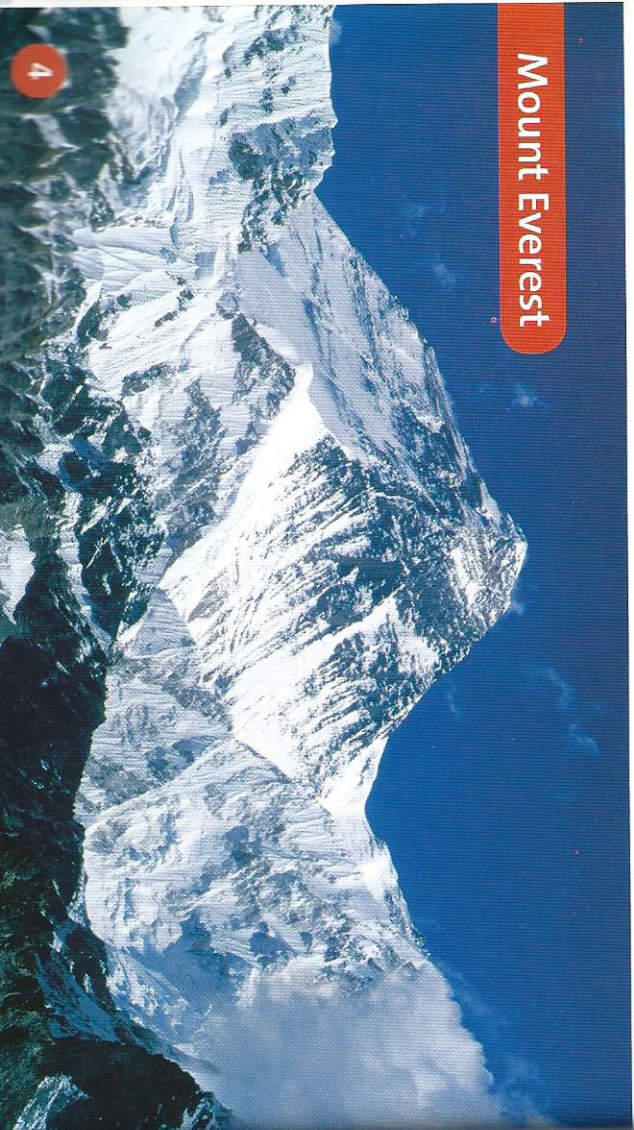
Mountains



Mountains are high places on Earth. Earth has a crust. Earth's crust moves very, very slowly. It can move up and make mountains.

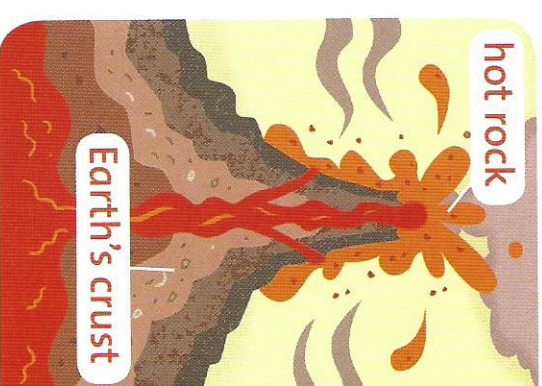
Mountains are very high. Mount Everest is about 8,850 meters high. Mountains are very old, too. Some mountains are millions of years old.

Mount Everest



A Volcano

Volcanoes are mountains. A volcano is a hole in Earth's crust. Under Earth's crust there's hot rock. The hot rock comes out of the volcano. Volcanoes can be dangerous.



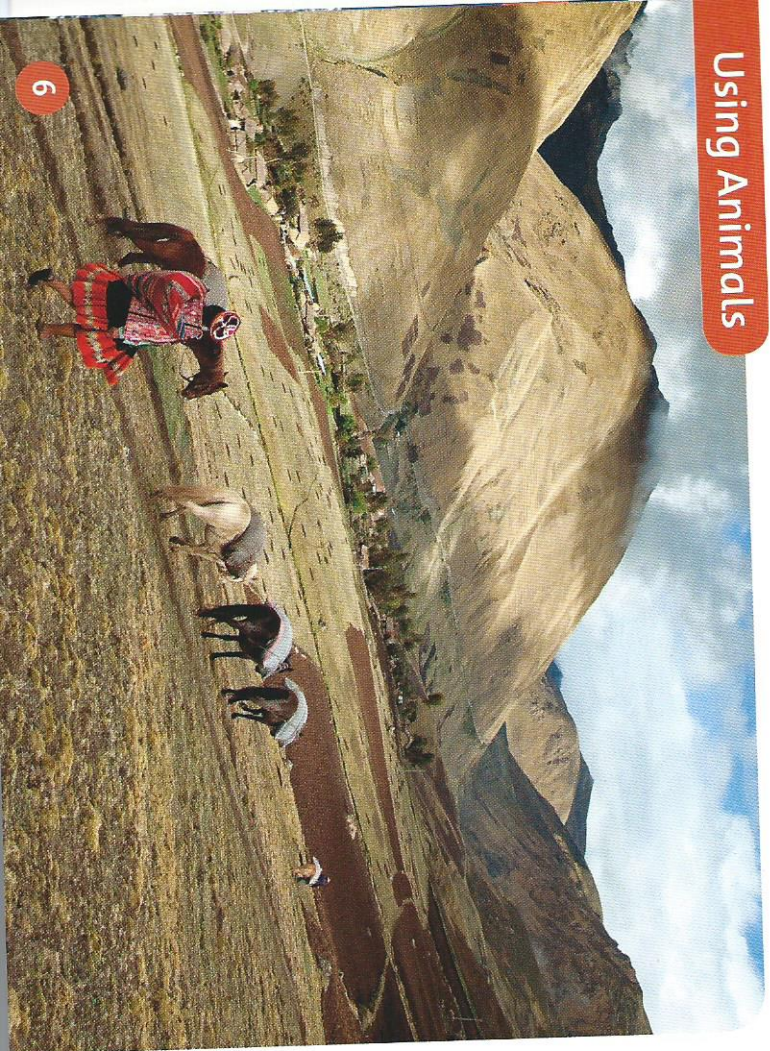


People

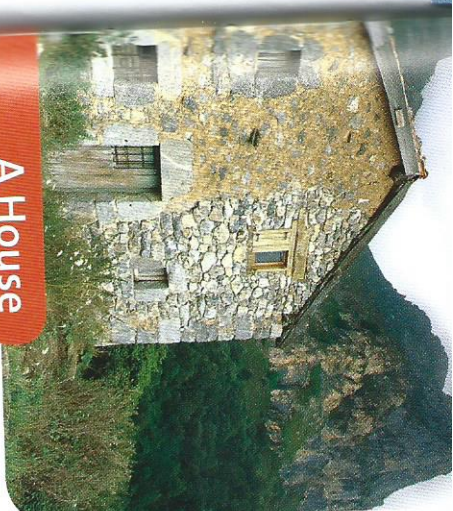
Living in the mountains can be difficult for people. High in the mountains, there aren't any big roads. Some people don't have a car. They use animals for transportation.

High in the mountains, some people don't have electricity.

Using Animals



6

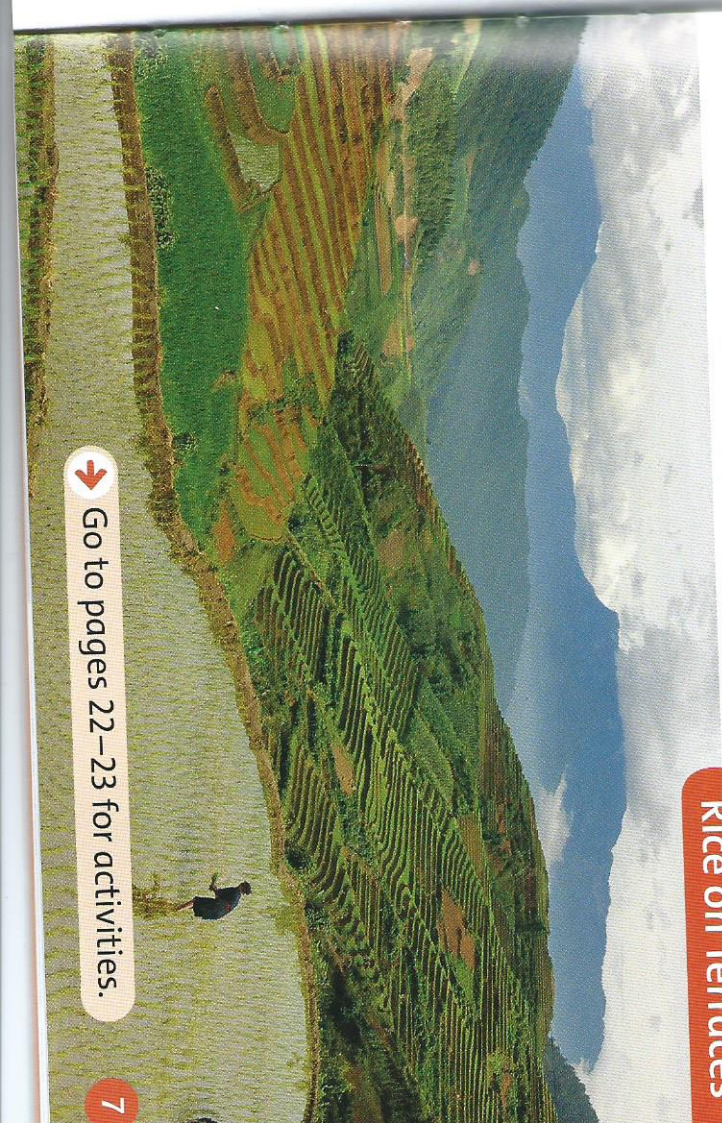


A House

Look at this house. Now look at the mountains. They are the same color. People use rocks from the mountains to make their homes.

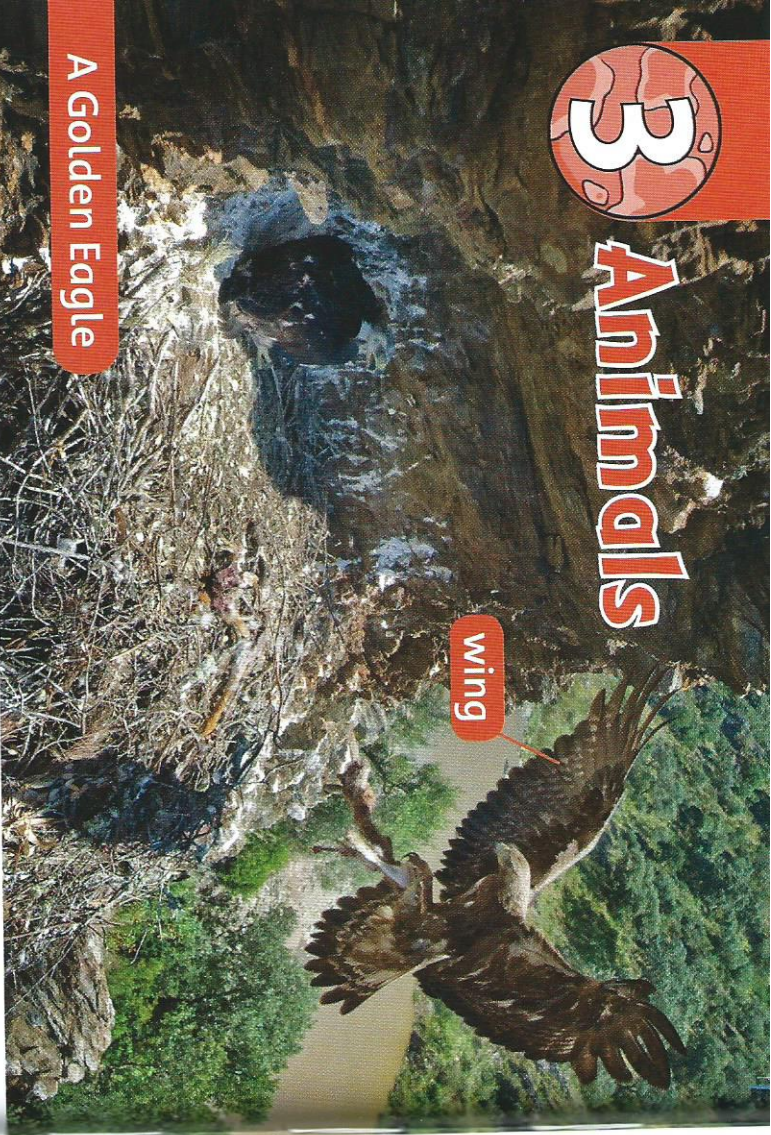
In the mountains, people grow food near their homes. Some people make terraces and they grow food there. On some terraces, there's lots of water. People grow rice in the water.

Rice on Terraces



→ Go to pages 22–23 for activities.

7



A Golden Eagle

In the mountains you can see amazing animals. Golden eagles live in the mountains in Asia, North America, Africa, and Europe. They make nests on high rocks.

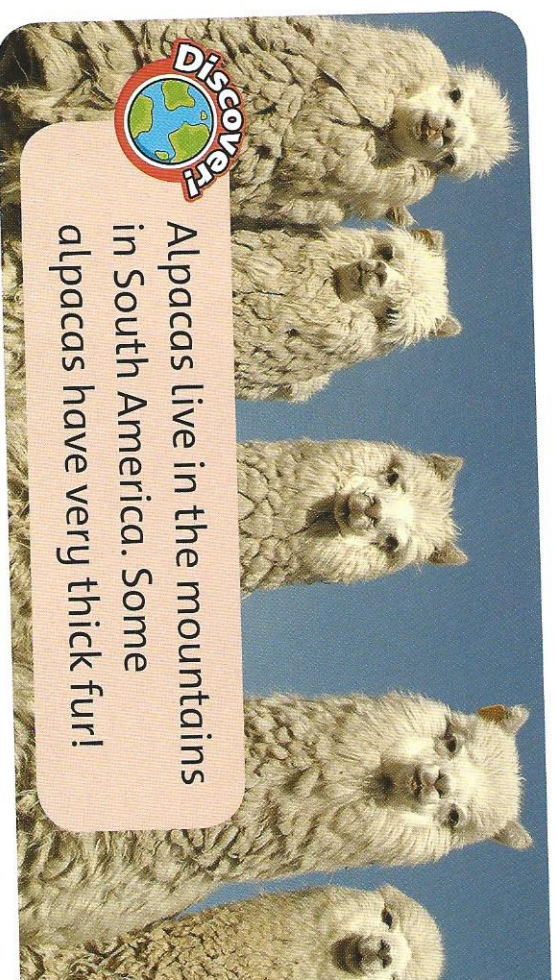
Golden eagles have big wings. They can fly very high. They can see very well, too. They eat small animals. From high in the sky, they can see small animals on the ground.



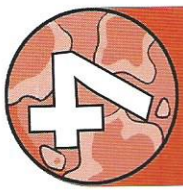
A Snow Leopard

Many mountain animals have thick fur. Their fur helps them to stay warm.

Snow leopards live in the mountains in Asia. They have big paws with lots of fur. This fur helps them to walk on snow and ice.



Alpacas live in the mountains in South America. Some alpacas have very thick fur!



Plants

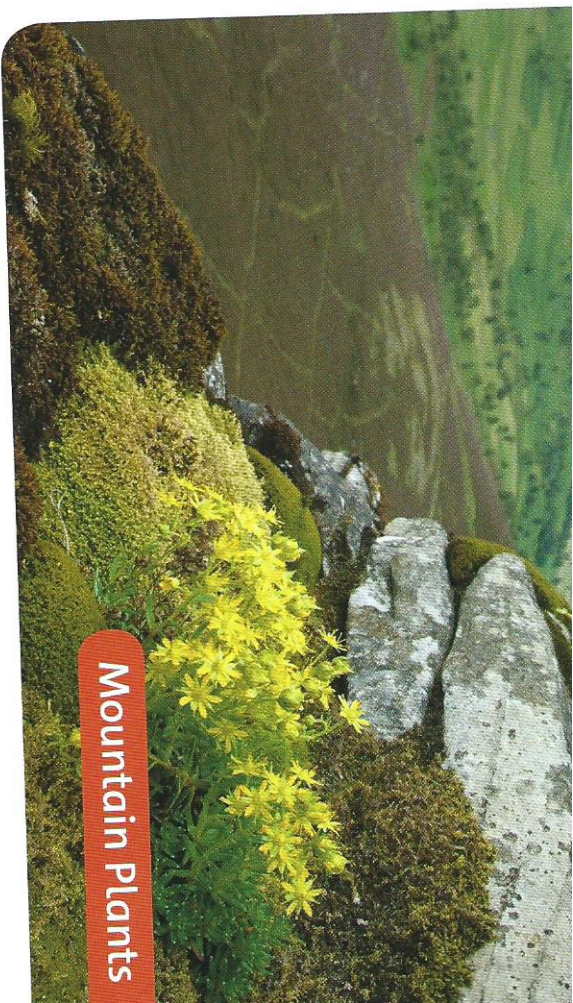
Conifers are a type of tree. Conifers don't have big leaves. They have small needles. On some snowy mountains, there are lots of conifers. Conifers can grow in cold places.

Very high in the mountains, it's very cold and windy. Trees can't live there.

Conifers



needles



Mountain Plants

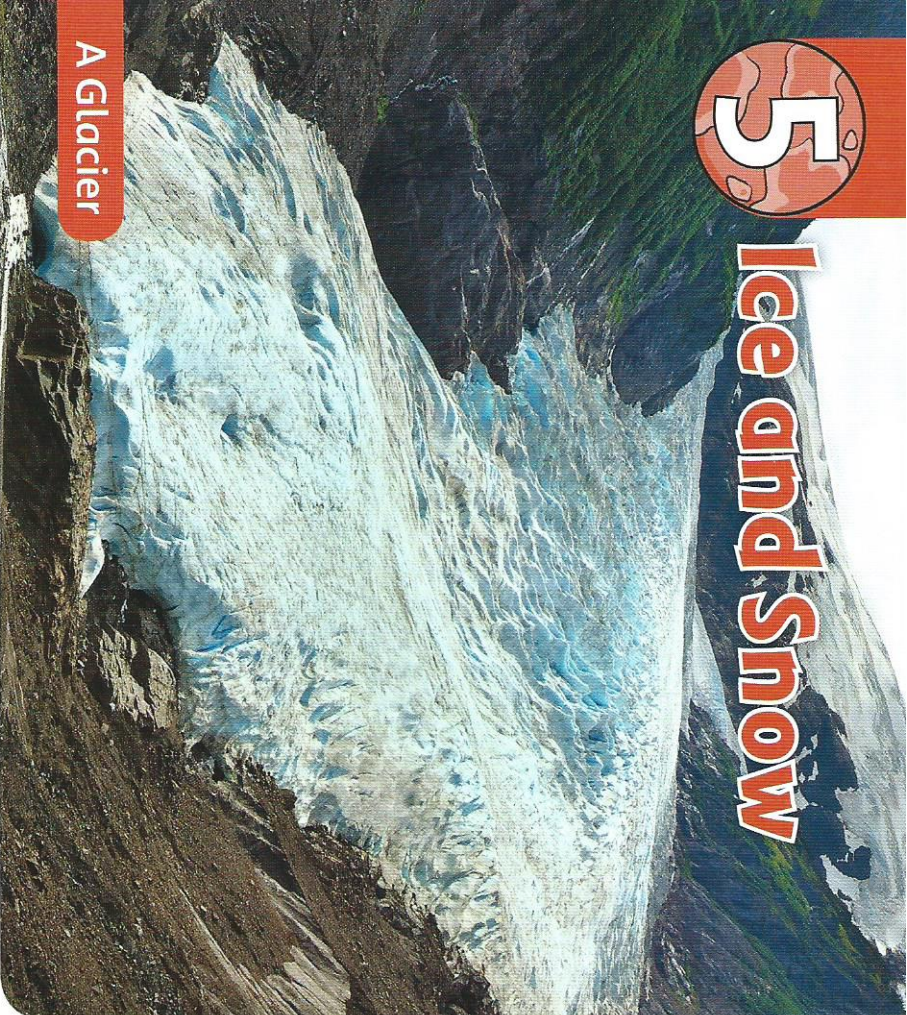
Some plants can live very high in the mountains, but they are small. There isn't much rain, so the plants have long roots. The roots find water under the ground.

Some mountain plants make strong buds. The buds can stay under the snow in winter. After the winter, the buds come out of the snow. Then the buds open.



bud

A Glacier



In the mountains you can see rivers of ice! A river of ice is called a glacier.

What makes a glacier? In winter, lots of snow falls on the mountains. Then, new snow falls on the old snow and makes ice. The ice moves down the mountain in a glacier. Glaciers move very, very slowly.

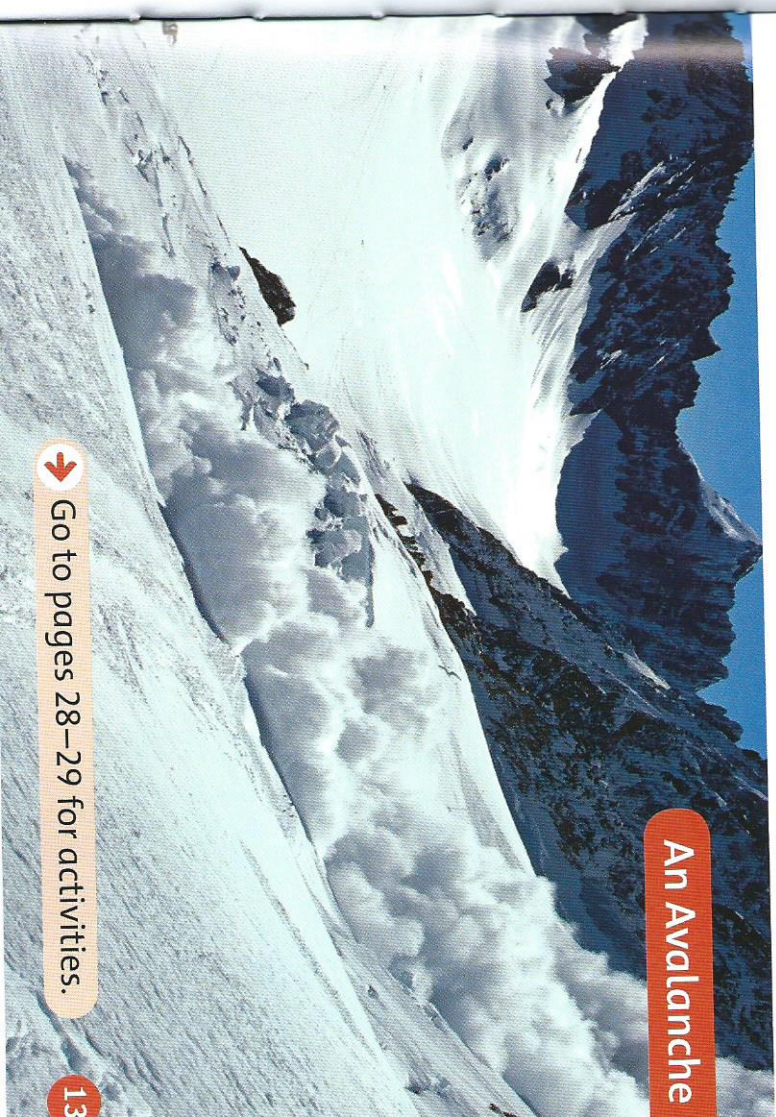
A Crevasse



In some glaciers, there are big crevasses. Crevasses are holes in the ice. Crevasses are dangerous. In snowy weather, people don't see a crevasse. Then they can fall in.

Avalanches are dangerous, too. In an avalanche, lots of snow falls from the mountain. It can fall on people.

An Avalanche



Summer Sports

In summer, some people climb mountains. Climbers have a helmet and a rope.



Climbing is a difficult sport. Climbers have strong arms and legs. Climbers find good rocks for their hands and feet.



On some mountains there's snow in summer!



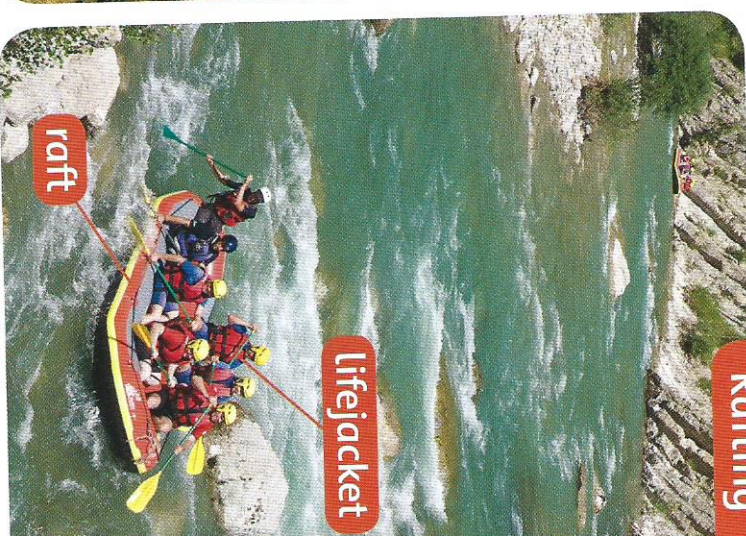
Mountain biking is a summer sport. Mountain bikes have big, strong wheels. The wheels are good on rocks.

Rafting is a great summer sport. For rafting, people have a helmet and a lifejacket. Rafts are very strong. They can go over rocks in the water.



Mountain Biking

wheel



Rafting

lifejacket

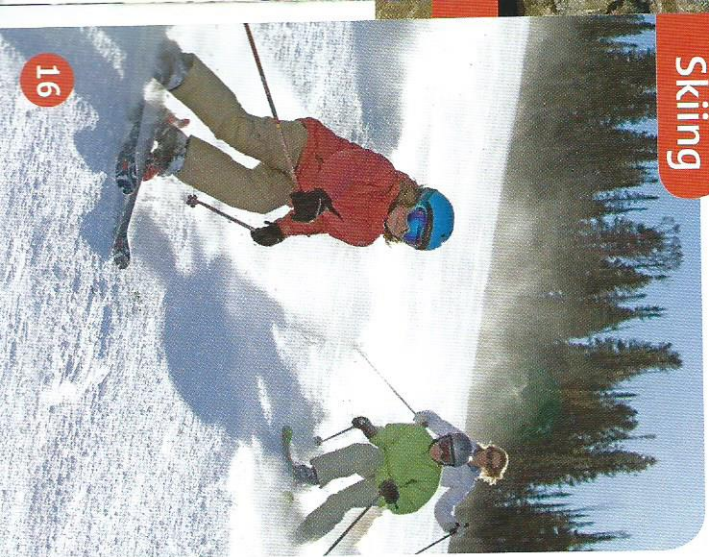
raft

Winter Sports

Can you ski? Lots of children go skiing in the mountains in winter. They go with their family or with their school.

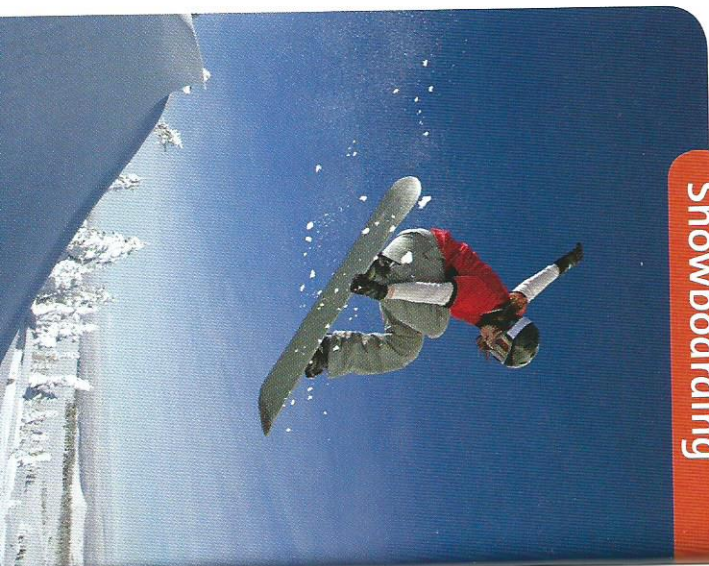
Snowboarding is a winter sport, too. Snowboarding is difficult. Snowboarders fall in the snow a lot. Good snowboarders can do amazing tricks.

Skiing

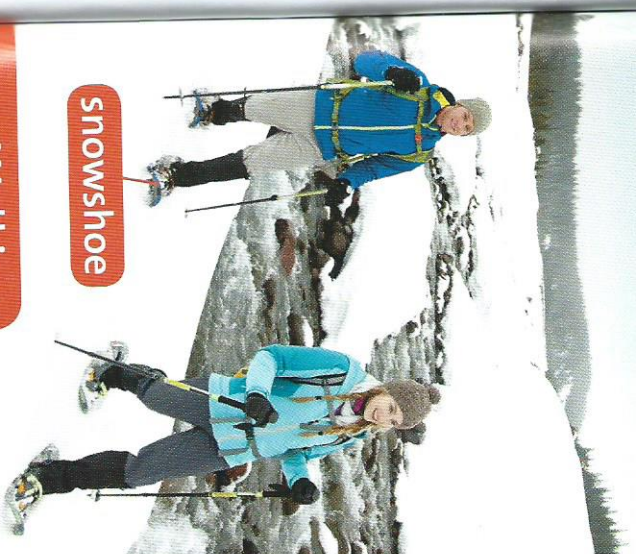


16

Snowboarding



snowshoe



Walking

Do you like walking in the mountains? You can walk in snowshoes. Snowshoes are big so you can walk on the snow.

Sledding is a great sport. You can go very fast on a sled.



In the Olympic Games, sleds can go at 140 kilometers an hour!



sled



Sledding

Be Careful!



A Helicopter

Mountains can be dangerous. You can fall or get lost. In the mountains helicopters come and help people.

The weather in the mountains can be nice and sunny, but it can be cloudy and rainy, too. High in the mountains it is cold, so take warm clothes.

Take water when you walk in the mountains. Don't drink water from a river. Take food. It's good to eat cheese, bread, fruit, and chocolate. Take a map and a compass, too.

Have fun in the mountains, but be careful!



1 Mountains

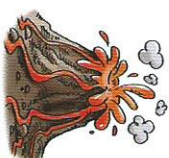
Read pages 4–5.

1 Write the words.

Earth hole
million mountains
rock volcano



1 mountains



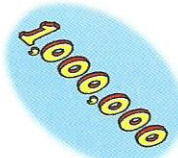
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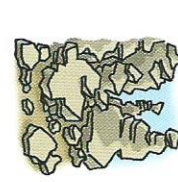
3



4



5



6

2 Circle the correct words.

- 1 Mountains are very high meters / places on Earth.
- 2 Earth's crust moves / are up and makes mountains.
- 3 Mount Everest is a very high hole / mountain.
- 4 Some mountains are very / millions of years old.

3 Complete the sentences.

dangerous hole ~~mountains~~ rock

- 1 Volcanoes are mountains.
- 2 A volcano is a _____ in Earth's crust.
- 3 Hot _____ comes out of volcanoes.
- 4 Volcanoes can be _____.

4 Order the words.

- 1 very / are / old. / Mountains
Mountains are very old.
- 2 high. / very / Mountains / are

- 3 meters / 8,850 / is / high. / Mount Everest

- 4 crust. / a / has / Earth

- 5 slowly. / moves / crust / Earth's / very, / very

- 6 Under / rock. / Earth's / hot / there's / crust

2 People

Read pages 6–7.

1 Write the words. Then match.

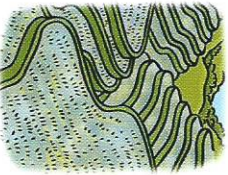
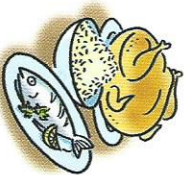
1 c s r e e ' a t

terraces

2 d o r a

3 d o f o

4 i t i c y t r e l e c



2 Find and write the words.

mountain car animal house water rice

1 mountain

2

3

4

5

6

3 Circle the correct words.

- 1 High in the mountains, there aren't any big rocks / roads.
- 2 Some people in the mountains use terraces / animals for transportation.
- 3 High in the mountains some people don't have / grow electricity.
- 4 People use rocks / rice for their houses.
- 5 People grow food in / near their homes.
- 6 Some people grow rice on terraces / roads.

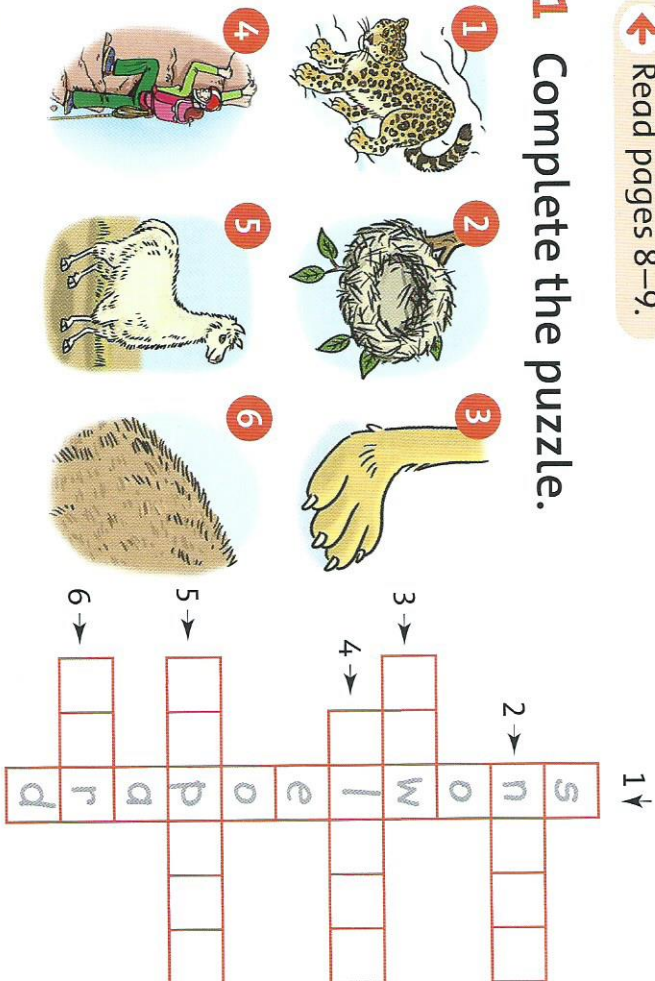
4 Complete the sentences.

- 1 Some people in the mountains don't have a car. _____
(car. / have / a)
- 2 Some people in the mountains _____
(electricity. / don't / have)
- 3 People use rocks from the mountains to _____
(homes. / their / make)
- 4 People make terraces _____
(grow / and / food.)

3 Animals

 Read pages 8–9.

1 Complete the puzzle.



2 Write true or false.

- 1 Snow leopards can't walk on snow. false
- 2 Snow leopards have big paws. _____
- 3 Golden eagles don't make
nests on high rocks. _____
- 4 Golden eagles can see very well. _____
- 5 Golden eagles fly high in the sky. _____
- 6 There aren't any alpacas
in South America. _____

3 Complete the sentences.

wings walk fur South America

- 1 Snow leopards can _____ on snow and ice.
- 2 Golden eagles have big _____.
- 3 There are alpacas in _____.
- 4 Alpacas have very thick _____.

4 Answer the questions.

- 1 Where do snow leopards live?
They live in the mountains in Asia.
- 2 Where do golden eagles live?

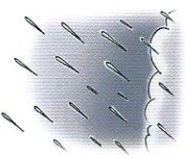
- 3 Where do alpacas live?
- 4 Are there snow leopards, golden eagles, or alpacas in your country?

4 Plants

Read pages 10–11.

1 Write the words.

bud leaves needles
rain roots snow



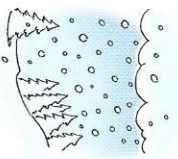
1 _____



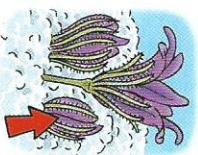
2 _____



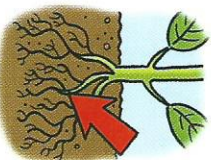
3 _____



4 _____



5 _____



6 _____

2 Circle the correct words.

- 1 Conifers have small needles / roots.
- 2 Trees can / can't live very high in the mountains.
- 3 Some plants make strong buds. The buds come out of the rain / snow.
- 4 Roots find needles / water under the ground.

3 Match.

- 1 Conifers are
- 2 Conifers don't
- 3 Very high in the mountains,
- 4 Plants have long
- 5 There isn't much rain
- 6 Some mountain plants

high in the mountains.
make strong buds.
it's very cold and windy.
a type of tree.
have big leaves.
roots.

4 Order the words.

- 1 conifers / are / There / mountains. / in / the

- 2 small / have / needles. / Conifers

- 3 can / grow / Conifers / cold / places. / in

- 4 mountains. / the / in / Some / plants / can / very / live / high

5 Ice and Snow

Read pages 12–13.

1 Write the words.

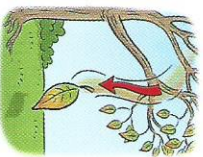
avalanche fall
crevasse glacier
river slowly



1 _____

2 _____

3 _____



4 _____

5 _____

6 _____

2 Circle the correct words.

- 1 Ice / Snow falls in the mountains in winter.
- 2 New snow falls / slowly on old snow.
- 3 Ice moves / makes down the mountain in a glacier.
- 4 Glaciers move very, very fast / slowly.

3 Complete the sentences.

dangerous ice falls weather

- 1 Crevasse are holes in the _____.
- 2 In snowy _____, people can fall in crevasses.
- 3 Avalanches are _____.
- 4 In an avalanche, lots of snow _____ from the mountain.

4 Match. Then write the sentences.

A glacier is _____
Glaciers move _____
In some glaciers,
Crevasse are _____

very, very slowly.
dangerous.
a river of ice.
there are big
crevasses.

- 1 A glacier is a river of ice.
- 2 _____
- 3 _____
- 4 _____

6 Summer Sports

← Read pages 14–15.

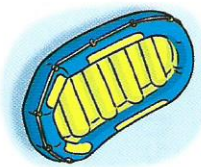
1 Write the words. Then match.

1 e p o r

2 h e w l e

3 t r a f

4 m e e l t h



2 Find and write the words.

climber strong bike great sports rocks

1 _____

4 _____

2 _____

5 _____

3 _____

6 _____

3 Circle the correct words.

- 1 Climbers have a helmet and a wheel / rope.
- 2 Climbers have strong arms / sports and legs.
- 3 Mountain bikes are / have big, strong wheels.
- 4 Rafting is a great winter / summer sport.
- 5 On some mountains there's snow / weather in summer.
- 6 Climbers find good rocks / wheels for their hands and feet.

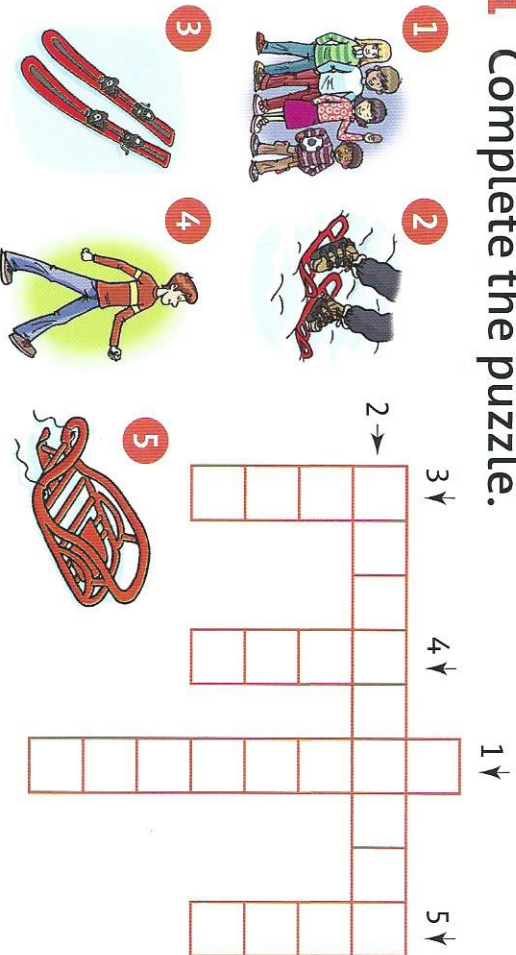
4 Complete the sentences.

- 1 Rafting is _____
(great / a / summer / sport.)
- 2 Rafts _____
(very / strong. / are)
- 3 Rafts can _____
(over / rocks. / go)
- 4 Mountain bikes _____
(wheels. / have / strong)
- 5 Do you _____
(bike? / have / a / mountain)

7 Winter Sports

Read pages 16–17.

1 Complete the puzzle.



2 Write true or false.

- 1 Skiing isn't a winter sport. _____
- 2 Snowboarding is difficult. _____
- 3 Snowboarders can do amazing tricks. _____
- 4 Snowshoes are big. _____
- 5 Snowshoes are big so you can walk on the snow. _____
- 6 Sleds don't go very fast. _____

3 Complete the sentences.

school difficult skiing snow walk

- 1 Some children go _____ in winter.
- 2 Some children go skiing with their _____.
- 3 Snowboarders fall in the _____ a lot.
- 4 Snowboarding is _____.
- 5 Some people _____ in snowshoes.

4 Order the words.

- 1 is / a / Sledding / sport. / great

- 2 a / sled. / can / go / fast / You / on / very

- 3 walking? / you / like / Do

- 4 can / walk / You / in / snowshoes.

- 5 snow. / fall / Snowboarders / the / in

8 Be Careful!

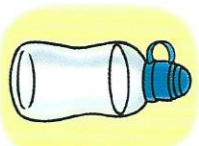
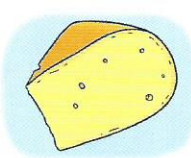
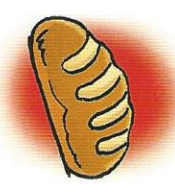
Read pages 18–19.

1 Write the words.

bread cheese compass
water helicopter map



1 _____ 2 _____ 3 _____



4 _____ 5 _____ 6 _____

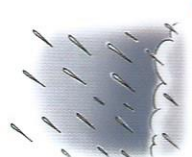
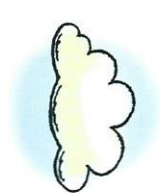
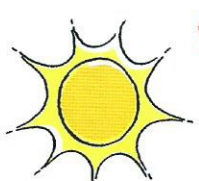
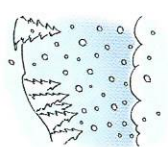
2 Match.

- 1 You can get lost
- 2 Helicopters come
- 3 Take food and water
- 4 Don't drink water
- 5 Be careful in

the mountains.
and help people.
when you walk in
the mountains.
from a river.
in the mountains.

3 Write the weather.

- 1
- 2
- 3
- 4



1 It's snowy. 3 _____
2 _____ 4 _____

4 What do you take when you walk in the mountains? Find and write the words.

w	a	t	e	r	e	b	r	e	a	d
g	c	h	o	c	o	l	a	t	e	h
r	t	c	f	r	u	i	t	h	k	z
d	e	c	h	e	e	s	e	n	t	f
n	r	v	r	q	s	m	a	p	r	j
w	a	r	m	c	l	o	t	h	e	s
c	o	m	p	a	s	s	m	k	w	t

- 1 warm clothes 5 b
- 2 c 6 c
- 3 w 7 c
- 4 f 8 m



An Animal Poster

- 1 Think of an animal in the mountains. Write the animal's name and draw a picture.

Name: _____

- 2 Answer the questions about the animal.

- 1 Where does it live? _____
 - 2 Is it big or small? _____
 - 3 What color is it? _____
 - 4 Does it have fur? _____
 - 5 What does it eat? _____
 - 6 What can it do? _____
- 3 Make a poster about the animal.
 - 4 Display your poster.



A Mountain Fact File

- 1 Think of a mountain in your country.
- 2 Draw the mountain and write about it.

Name: _____

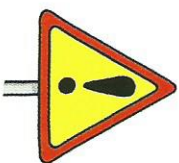
Animals	Plants
_____	_____
_____	_____
_____	_____

Sports	Weather
_____	_____
_____	_____
_____	_____

Picture Dictionary



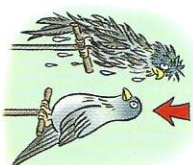
climb



dangerous



down



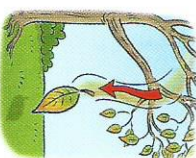
dry



Earth



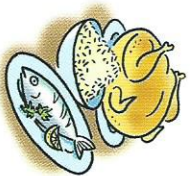
electricity



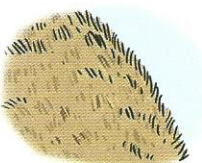
fall



fast



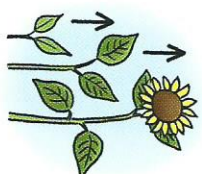
food



fur



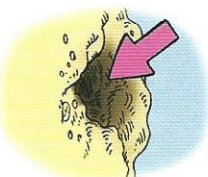
ground



grow



high



hole



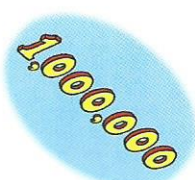
ice



leaves



lost



million



mountains



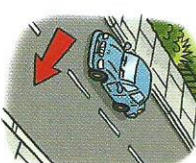
nest



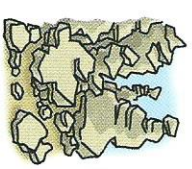
plants



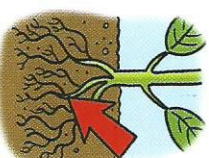
river



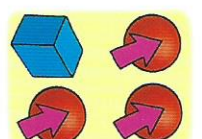
road



rock



roots



same



ski



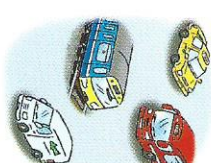
slowly



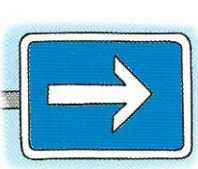
sports



strong



transportation



up



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1 300 headwords	1	• Eyes • Fruit • Trees • Wheels	• At the Beach • In the Sky • Wild Cats • Young Animals	• Art • Schools
2 450 headwords	2	• Electricity • Plastic • Sunny and Rainy • Your Body	• Camouflage • Earth • Farms • In the Mountains	• Cities • Jobs
3 600 headwords	3	• How We Make Products • Sound and Music • Super Structures • Your Five Senses	• Amazing Minibeasts • Animals in the Air • Life in Rainforests • Wonderful Water	• Festivals Around the World • Free Time Around the World
4 750 headwords	4	• All About Plants • How to Stay Healthy • Machines Then and Now • Why We Recycle	• All About Desert Life • All About Ocean Life • Animals at Night • Incredible Earth	• Animals in Art • Wonders of the Past
5 900 headwords	5	• Materials to Products • Medicine Then and Now • Transportation Then and Now • Wild Weather	• All About Islands • Animal Life Cycles • Exploring Our World • Great Migrations	• Homes Around the World • Our World in Art
6 1,050 headwords	6	• Cells and Microbes • Clothes Then and Now • Incredible Energy • Your Amazing Body	• All About Space • Caring for Our Planet • Earth Then and Now • Wonderful Ecosystems	• Food Around the World • Helping Around the World